



MAY 2021

# The Dinner Table Project

## Table Talks



STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

### DEVELOPMENTAL RELATIONSHIPS FRAMEWORK

Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people’s lives. We refer to this as the developmental relationships framework.

### ELEMENT 4: SHARE POWER

#### WAYS TO SHOW YOUR TEEN RESPECT AND GIVE THEM A SAY

RESPECT THEM: TAKE YOUR TEEN SERIOUSLY AND TREAT THEM FAIRLY.

INCLUDE THEM: INVOLVE YOUR TEEN IN DECISIONS THAT AFFECT THEM.

COLLABORATE: WORK WITH YOUR TEEN TO SOLVE PROBLEMS AND REACH GOALS.

LET THEM LEAD: CREATE OPPORTUNITIES FOR YOUR TEEN TO TAKE ACTION AND LEAD.

### THINGS TO AVOID SAYING TO YOUR TEEN

#### "STOP BEING SO MOODY"

TEENS ARE MOODY AND MORE OFTEN THAN NOT, THEY CANNOT HELP IT. THEY KNOW THEY ARE BEING MOODY BECAUSE THEY ARE THE ONES DEALING WITH THEIR EMOTIONS. POINTING OUT THEIR BAD MOOD MIGHT NOT HELP THE SITUATION GET BETTER. TRY NOT TO TAKE THEIR MOOD PERSONALLY.

#### TRY TAKING A MOMENT TO FOCUS ON YOU

YOU MIGHT NOT BE ABLE TO CONTROL YOUR TEEN’S MOOD, BUT YOU CAN CONTROL YOUR OWN. BY TAKING A MOMENT TO THINK BEFORE YOU REACT TO YOUR TEEN YOU CAN AVOID HURTING FEELINGS. THIS CAN ALLOW YOUR TEEN TO FEEL HEARD AND UNDERSTOOD.

### **NATIONAL PREVENTION WEEK: MAY 9TH-15TH**

CELEBRATE NATIONAL PREVENTION WEEK BY RAISING AWARENESS OF SUBSTANCE USE AND MENTAL HEALTH ISSUES. TALK WITH YOUR TEENS ABOUT THESE TOPICS EACH DAY.

- MAY 10TH- PREVENTING PRESCRIPTION DRUG AND OPIOID MISUSE
- MAY 11TH- PREVENTING UNDERAGE DRINKING AND ALCOHOL MISUSE
- MAY 12TH- PREVENTING ILLICIT DRUG USE AND YOUTH MARIJUANA USE
- MAY 13TH- PREVENTING YOUTH TOBACCO USE (E-CIGARETTES AND VAPING)
- MAY 14TH- PREVENTING SUICIDE

TO WATCH WEBINARS ON EACH OF THESE TOPICS VISIT:  
[HTTPS://WWW.SAMHSA.GOV/PREVENTION-WEEK/WEBINARS](https://www.samhsa.gov/prevention-week/webinars)



## KIP DATA

Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2018 Survey.

**19.5%** OF KY 10TH GRADERS HAVE SMOKED MARIJUANA AT LEAST ONCE IN THE PAST YEAR.

### SOME OF THE RISKS ASSOCIATED WITH SMOKING MARIJUANA ARE:

- ✗ MEMORY PROBLEMS
- ✗ LEARNING PROBLEMS
- ✗ LACK OF DESIRE TO DO THINGS

TALK TO YOUR TEENS ABOUT THE RISKS OF SUBSTANCE USE ON THEIR DEVELOPING BRAIN.

## BAKED PESTO CHICKEN

### INGREDIENTS

- 3 chicken breasts
- 1 6 oz. jar basil pesto
- 2 medium tomatoes, sliced
- 3 -6 slices mozzarella cheese



### DIRECTIONS

1. Preheat the oven to 350° F. Season chicken breasts liberally with salt and pepper.
2. Arrange chicken breasts (seared or raw) onto a baking dish or rimmed baking sheet.
3. Use a spoon to cover chicken with pesto.
4. Top each chicken breast with 1 slice of mozzarella cheese and 2 sliced tomatoes.
5. Bake for 20- 30 minutes (time will vary depending on thickness of chicken and whether or not it has been seared), or until chicken is no longer pink in the center. Broil the chicken the final 2 minutes so that the cheese is bubbly and golden. Serve immediately.

## CONVERSATION STARTERS

WHAT IS ONE WAY YOU TRY TO MAKE OTHERS FEEL BETTER?

WHICH COUNTRY WOULD YOU LIKE TO VISIT MOST? WHICH WOULD YOU LIKE TO VISIT LEAST?

DESCRIBE YOUR PERFECT SUMMER.



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KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS

